

CALLAHAN COURIER

Framingham Callahan Center News & Activities

March 2015

THE DIRECTOR'S CORNER:

Hello Everyone,

If you're receiving this newsletter for the first time, welcome!

The Friends of Callahan is mailing this free issue of the Courier to ensure residents of Framingham are more aware of the programs and services available at the Callahan Center. **Look inside for more details about the wide range of programs and services we offer to adults 55 and older and how you can keep issues of this newsletter coming to you!**

We welcome the return of **daylight saving time on March 8**. It's a good idea to make this time of turning the clocks ahead the time that you change the batteries in your smoke and carbon monoxide detectors. If it becomes part of your spring routine you'll rest soundly, knowing those batteries are fresh and will work if and when you need them. If your detector is more than 10 years old it's best to get a new detector. Time and money well spent to keep you and your loved ones safe. Symptoms of carbon monoxide poisoning can initially feel like the flu, drowsy, headache, etc. If stepping outside into fresh air relieves the symptoms you might have a more serious situation on your hands than the flu! Open the windows and call for emergency assistance to find the source of the carbon monoxide.

We'll celebrate St. Patrick's Day on Tuesday March 17, and look forward to the **Spring Equinox on March 20**.

Maggi Cicarrelli and Matt McDonough will run the 2015 Boston Marathon on behalf of The Friends of Callahan to support **Continuing Connections**, a program that assists people with early stage Alzheimer's disease and their carepartners. Donations may be made to the Friends of Callahan/Continuing Connections or by logging on to the website dedicated to this effort at <https://www.Crowdrise.com/friendsofthecallahan#projects>

Grace



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SHINGLES, the Good, the Bad and the Ugly

Chicken pox...the good ol' virus that most had as children and is not so fondly remembered with oatmeal baths, itching, and being able to stay out of school. We thought we were done, we had it once and viola, we were done. Don't be so sure.

That nasty virus that got us as kids, is now getting us as older adults. The virus lays dormant and only rears its ugly head most commonly in people 60 years and older (although can happen earlier). Shingles, as they call it, most often presents itself with a raw, painful, unbearable rash usually on the torso and can severely debilitate the affected person for weeks.



Have no fear, the vaccine is here! There is a one-time vaccine that drastically decreases the chances of Shingles or at the very least, minimizes its effects if Shingles does break out. Ask your health professional if you are a candidate for the Shingles vaccine and check with your insurance carrier to assess coverage. Don't let that sleeping virus awaken. Be prepared, prevention is the best medicine.



Article Written By:
Wingate At Sudbury

CALLAHAN CENTER STAFF

Staff:

Grace O'Donnell, MS, Director of Elder Services
 Carolyn Roycroft, Programs Manager
 Judy Lew, ESOL Instructor
 Laurie Schneider, Volunteer Coordinator
 Randy Aylsworth, Customer Service Manager
 Karen Buck, Front Desk Receptionist
 Jane Jordan, Front Desk Facility Coordinator
 Mary Kenney, Front Desk Receptionist

Kelly Lanefski, Administrative Asst.

Social Services:

Lisa Ushkurnis, MSW, LICSW, Supervisor
 Jamie Donchin, MSW, LICSW, Social Worker
 Jaime Fitts, MSW, LICSW, Asst. Supervisor
 Gabriela Herscovici, BA, OT Bilingual Outreach Aide
 Sam Swisher, MBA, Outreach Volunteer Coordinator

SHINE:

Dorene Nemeth, SHINE Director
 Kathy Worchach, SHINE Asst. Director



CALLAHAN CENTER

535 Union Avenue (Handicap Accessible)
 Framingham, MA 01702

Telephone: 508-532-5980

Web address: www.framinghamma.gov/CouncilonAging

Hours of operation: Monday-Friday from 8:30 a.m. – 4:30 p.m.

Mission Statement

It is the mission of the Framingham Council on Aging/Callahan Center to promote healthy, successful aging for our senior citizens. To that end we are constantly updating our programs and services as well as improving our vehicle of communication so that seniors are made more aware of the services and programs that we offer.

Callahan Center Inclement

Weather Policy

If the schools close due to snowstorms or other inclement weather, there will be no activities at the Center. On these days, the Town of Framingham staff will be available at the Center, unless the Town of Framingham declares an emergency closing.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clint Knight

Vice-Chair: Clyde Dottin

Secretary: Larry Griffin

Members: Jim Divver

Beth Donnelly

John Kahn

Betty Muto

Pat Paganella

Lynn Power

Rachel Stewart

Fred Wallace

COA Board Meeting
Tuesday, March 10
at 1:30 p.m.



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4 ANNOUNCEMENTS

Sad News

By now, most of you know that Leo Cantin passed away January 2, 2015. We are grateful for Leo's stewardship as the President of the Friends of Callahan from 2008 through December 2013. All of us at the Callahan Center are very saddened to lose such a fun-loving person as Leo, who in recent years was very active in the Callahan senior choral group. I will miss his caring reminders to me not to work so hard. His family plans a memorial service in the spring. We will post the information on the Friends bulletin board and on social media. We all wish him rest in peace and extend our sympathies to his family and good friend Peg Reilly.

St. Patrick's Day Celebration

Monday, March 16

11:30 a.m. – 1:30 p.m.

Bill Reidy sings the **Songs of Our Lives**, from 11:30 a.m.-12:30 p.m. sponsored by the Friends of Callahan. A light buffet lunch sponsored by Heritage at Framingham, will follow the entertainment. Tasty treats donated by Panera in Framingham. **Please sign up at the front desk 508-532-5980.**



Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are cancelled by the Center.

AARP Tax Preparation

The AARP Tax Counselors will be at Callahan Center to assist you with filing your taxes. They will be here on Tuesday, Thursday and Friday from mid-February through mid-April. This program is designed for Framingham seniors who meet the following guidelines; single or married filing separately with annual income of \$60,000 or less, and head of household with annual income of \$75,000 or less, and a married couple filing jointly or Qualifying Widow (a widow with a dependent) with annual income of up to \$80,000. No complex tax returns can be completed by AARP Tax Counselors.

YOU MUST SIGN UP FOR AN APPOINTMENT IN ADVANCE. Appointments fill up fast, so don't wait! Call the Callahan Center at 508-532-5980 and schedule time with an AARP Counselor. This is a wonderful opportunity and there is no charge for this service, however donations to the Friends of Callahan are welcomed.

Parking at the Callahan Center

Although we have more parking spaces dedicated for people with disability placards than state regulations require, sometimes that is still not enough for those who need closer access to the entrance. If you are more able-bodied, please consider parking in the further sections of the lot to allow others who might have difficulty a space closer to the entrance. Your fellow seniors who are less vigorous than you will appreciate it; and your bones, muscles and joints will get even more of a workout. We appreciate your consideration of others' needs in this area.

The Home Energy & Fuel Assistance Program for 2014-2015

The Callahan Center will process NEW Fuel Assistance applications for Framingham residents who are 60 and older until April 30, 2015. Please call Jaime Fitts at the Callahan Center at 508-532-5980 ext. 4134 for an appointment. The maximum gross annual income for this year is \$32,618 for a 1 person household and \$42,654 for a 2 person household. Contact Jamie Fitts to determine limits for larger households.

The Callahan Center is seeking volunteers for these positions:

- Leader/Player of Wednesday Intermediate Level Contract Bridge Group
- One on One "helper" for seniors attending scheduled activities



Groups Seeking More Participants:

- Intermediate Level Contract Bridge Players Tuesday, 9 a.m. – 11:30 a.m.
- Red Hat Honey Bees, last Tuesday of the month at 1 p.m.

Feel free to drop in or contact the Volunteer Coordinator, Laurie Schneider at 508-532-5980 x4102 for more information.



CARLYLE HOUSE
A Privately Owned Village Square Community

342 Winter Street, Framingham, MA

508-879-6100

www.carlylehouse.biz

Welcome to Carlyle House. We are a privately-owned, 55-bed, single-level skilled nursing facility nestled on landscaped and wooded grounds in the heart of Framingham. Whether you need Short-term Rehabilitation, Long-term Care, Dementia Care or Respite Care, our mission is to provide you or your loved ones with the most compassionate care possible in a comfortable, home-like environment. Carlyle House has access to the best services and amenities in New England.



Blood Pressure Clinic:

Wednesdays, March 4, 11, 18, 25 from 9:30 a.m. — 12:30 p.m. upstairs in the Wellness Clinic.



Podiatry:

Two times per month we offer appointments for nail trimming and other foot issues for only \$20.



SUPPORT GROUPS AT CALLAHAN CENTER

Bereavement Support Group: Mondays, March 2, 9, 16, 23 & 30 at 10 a.m.

Better Breathers' Support Group: Wednesday, March 11 at 12 p.m.

Caregivers' Support Group: Wednesday, March 25 at 1 p.m.

Diabetes Support Group: Tuesday, March 31 at 10 a.m.

Grandparent Support Group: Wednesday, March 11 at 7 p.m.

Low Vision Group: Friday, March 20 at 1 p.m.

Parkinson's Support Group: Tuesday, March 17 at 1:30 p.m.

Stroke Survivors' Support Group: Monday, March 2 at 1 p.m.

"HEALING INSIDE & OUT" - TUESDAYS IN THE WELLNESS CLINIC AT CALLAHAN CENTER (For Seniors Only)

Massage Therapy: 2nd and 4th Tuesday from 9:30 – 11:30 a.m. with Deborah Tompkins (Licensed Massage Therapist, Registered Polarity Therapist).

Community Style Acupuncture: 1st and 3rd Tuesday from 12 -2 p.m. with Linda S. Thomas (MAC [Master of Acupuncture], LAc [Licensed Acupuncturist]). Community Acupuncture you may stay as long as you wish during 12-2 p.m. and the cost is \$15.

Each appointment scheduled is \$15 for 15 minutes paid directly to the practitioner. Wear comfortable, loose clothing to any and all appointments. Please sign-up by calling 508-532-5980

The Better Breathers Support Group is presenting guest speaker Jay Leary, a Bouvier Pharmacist during their monthly support group meeting on Wednesday, March 11 at noon. The topic is "Everything you wanted to know about Vaccines, Flu, Shingles and Pneumonia". Sponsored by: Bouvier Pharmacy & Marlborough Rehabilitation and Health Care Center.

Better Breathers is a support group that meets monthly at Callahan Center supporting people with chronic lung disease. Open to all, please sign up at the Front desk 508-532-5980.



Kelly Lanefski, Administrative Assistant - Kelly has been with the Council on Aging for almost two years. She enjoys working with the Callahan team. She is an avid Boston Bruins hockey fan. She, her husband and their daughter are in the process of planning a wedding for fall, 2015. Kelly is delighted to work in the town she lives in and is grateful for the chance to work with our staff and the public she comes in contact with.

BEAUMONT BAFFLER!

What is the first day of spring called?

- A. Spring Solstice
- B. The Easter Solstice
- C. The Easter Equinox
- D. The Vernal Equinox

See answer at bottom.



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Answer: D



6 FRIENDS CORNER/LUNCH

Friends Board Members

PresidentMark Goldman
 Vice Pres.....Roz Geller
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 Asst. Tres.....Joan LeBlanc
 Rec. Secretary.....Mim Bennett
 Cor. Secretary.....Peg Reilly
 Members.....Ilse Agte,
 Karin Beth, Cece Binette, Jim DeSimone,
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 Friends of Callahan Travel

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 Framingham Patch
www.framinghampatch.com
 All programs listed under events

Check out the Friends Corner Bulletin Board in the Friends Café for:

monthly lunch menus, entertainment for the General Meeting, special events sponsored by the Friends, Volunteer opportunities. The Friends are working hard to make your experience at the Center a great one. Check frequently for updates.

Marathon Runners Support the Friends of Callahan

Maggi Ciccarelli and Matthew McDonough are among the 25 charity runners from Framingham in this year's running of the BAA Boston Marathon. They have chosen to designate the donations they raise to the Friends of Callahan to continue support for the *Continuing Connections* program.

The *Continuing Connections* program is recognized by the Alzheimer's Association of MA as being a model approach for individuals in the early stage of this disease. For the past three years, Continuing Connections has provided 10,000 hours of assistance to 49 people in the Metrowest community, dealing with the myriad of challenges posed by early stage Alzheimer's disease. Individuals with the diagnosis attend the program one day a week with their carepartners, at no charge to them. They engage, as a group, in guided exercise, art and music therapy, pet therapy, counseling and other activities that focus on continuing the connections that remain intact for those with the diagnosis. The carepartners receive the benefits of learning to adjust to the changes they face with educational, professional and peer support.

Please consider supporting **Maggi Ciccarelli and Matthew McDonough** when they run the Boston Marathon on April 20, 2015, to raise funds for the *Continuing Connections* program. We appreciate the runners' efforts on behalf of the **Friends of Callahan**.

Checks can be made payable to **Friends**

of Callahan and brought or sent to the Callahan Center with one or both runners names on the memo line. Or you can donate by credit card online at <https://www.crowdrise.com/friendsofthecallahan>.

Bake Sale for Marathon Runners Wednesday, March 18 10 a.m. – 2 p.m.

The Friends are having a BAKE SALE on March 18, from 10 a.m. to 2 p.m. to help Matthew McDonough and Maggi Ciccarelli, the runners raise funds for the *Continuing Connections* program. Buy a tasty treat. They'll run off the calories. Please consider baking or buying something for this event?

Please contact Cece Binette at the Callahan Center for your help. Or email to goldmanmj59@yahoo.com

"Swing and Sway Your Monday Away with The Friends"

Monday, March 9 at 1:30 p.m.

Join the Friends for a new and exciting experience followed by the Friends General Meeting. "Swing and Sway your Monday Away with the Friends" A 4 piece Swing Band. The band will feature saxophone, drum, piano and bass players. Sing along to your favorite tunes as we enjoy each other's company. **\$1 fee for non-members of the Friends of Callahan.**

**Friends Board Meeting
 Monday, March 2 at 1 p.m.**

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Monday through Friday, 9:00am to 5:00pm by appointment

Memorial Donations:

Have you considered leaving a legacy through the Friends of Callahan?

By making provisions in your will, you help continue the good works and the services we offer for many years to come - making a connection between your life and those to follow. If you believe in us, consider our services in your estate planning, after you have made provisions for your loved ones.

Shop at the Heritage Gallery at Callahan Center

535 Union Avenue,
 Framingham, MA 01702

Opens: Wednesday, Thursday & Friday,
 10 am – 2:15 pm



FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: _____ Friends New Membership \$10 _____

If this is a **NEW Membership** or the Information has changed please complete the following:

Emergency Contact: _____ Relationship to you: _____

Telephone: _____ Address: _____ City: _____ State: _____ Zip: _____

Additional Membership for Household \$5 _____ Friends Membership Renewal \$10 _____

Additional Renewal for Household \$5 _____ **Total Enclosed** _____

(Friends Membership includes 12 issues of the Courier Newsletter mailed to you.)

Courier Subscription Notice: Please watch for "expiration date" on your Courier, so you will know when your Friends' membership renewal is due.Please pay **\$10** at the Center or send in your check or money order payable to the "**Friends of Callahan**", Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!**Friends' Lunches****March 11** - Meatloaf with Mashed Potatoes.**March 25** - Baked Haddock.

Lunch is served at 11:30 a.m. Reserve Now, Space is Limited. \$5 per person. Lunches catered by TJ's, Ashland, MA.

What Does It Mean to be a Member of the Friends

Dear Friends, The Friends is a nonprofit 501(c)(3) organization established in 1976 to raise funds to support programs at the Callahan Center. The Callahan Center offers seniors, who might otherwise be isolated, a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being.

The mantra of the Friends is to work as a group to raise additional funds to help support these programs and services that keep seniors healthy, active and involved in their community. The Friends work to help cover the financial shortfalls of ever increasing costs in many areas. We have reached out to Boston Marathoners who are running and raising funds to help the Friends fund our Continuing Connections program. We are turning to our business friends for gift certificates to raffle off at our General Meetings. Our recent Holiday Raffle was tremendously successful and will help with future programs at the Center.

Our prepaid card program has been a great success. You can use these cards in local restaurants, stores and pharmacies which will contribute a percentage to the Friends for each card purchased or re-loaded at the Callahan Center.

The most immediate answer to what your membership offers is that the Callahan Courier is delivered to you each month by US Mail. This gives you the quickest access to new events and programs at the Callahan Center. It also means you're part of a group of people who believe in giving back to an organization that does

so much for seniors in the community. It gives you the right to vote at General Meetings. Remember YOU are the Friends and have a say in all that we try to do. Your voice counts.

The Board of the Friends of Callahan **cannot do this alone. Volunteers are needed to help in activities and fundraising. There are openings on a number of committees and we would welcome your help. Step forward and say "what can I do?" We are planning some new and exciting activities and want to see you here at the Callahan Center.**

Mark Goldman-President**Reflections of Leo L. Cantin****August 29, 1924 to January 2, 2015****by his constant companion, Peg Reilly**

While the dates tell how long Leo lived - 90+ years, they don't reveal how well he lived. He was a man who saw the good in all his encounters. Well-loved at the Callahan Center, he was known for his cheery greetings to everyone. He thoroughly enjoyed chairing the "Conversations and Humor" group. Getting to know and bringing out the different personalities around the table was a cinch for him. As a prominent member of the Callahan Chorus, one of his favorite songs, "The Girl that I Marry" became a favorite of the chorus when he sang it solo. Bingo was one of his favorite games, especially when he won. He presided over the Friends of Callahan for several years and was very proud of the changes that he instituted. He was equally proud of his improving game of chair volleyball in recent months. Last year, he especially enjoyed volunteering for Bridges Together, an intergenerational program that paired seniors with children in the second grade to share the experience of growing older and growing together. The children took to Leo, immediately, as he had a knack for knowing just how and what they would respond to. That smile of his was hard for anyone to resist. His sudden death is a shock and a big loss to many, especially to me.

Please make check payable to:
The Friends of Callahan
535 Union Avenue
Framingham, MA 01702

I am enclosing _____

In Memory of _____

Donor's Name (Your Name) _____

Address _____

City _____

State _____ Zip _____

Send Card to _____

Address _____

City _____

State _____ Zip _____

A Living Memorial

The form above is for your convenience in making a gift that will enhance Senior Services in our community today and tomorrow. The individual or families of those you have so honored will be notified of your contribution. **Your support is greatly appreciated.**

Thoughts & Remembrances

The Friends of Callahan is reaching out to all of our members in time of need. Do you know of any member who is sick or hospitalized? Do you know of any member who has lost a loved one? We want to reach out to them to try and brighten their day or offer our condolences.

Please let Peg Reilly know. You may leave their name and address and circumstance in the Friends Mail Box at the Callahan Center or email Peg directly at peg457@rcn.com.

8 PROGRAMS & ACTIVITIES

Diabetes – Self-Management

The Callahan Center will be hosting a free six-week program on diabetes disease self-management, a participant education program developed by Stanford University. The class is for adults living with and/or caring for someone with diabetes. The sessions are geared to help manage and educate participants and are led by professionals with diabetes themselves. Subjects covered in the sessions include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia
- Appropriate use of medications
- How to communicate effectively with family, friends and medical professionals
- Nutrition tips and advice
- Decision making
- How to evaluate new treatments

The program meets once a week on Tuesdays, beginning March 24th. Each participant will also receive a companion book, "Living a Healthy Life with Chronic Conditions," and an audio relaxation CD. The class runs from March 24th to April 28th, from 1 p.m. - 3:30 p.m. at the Callahan Center at 535 Union St. Framingham, MA 01702.

Classes and parking are free. Advance registration is required. For more information or to register, call Laurie Schneider at 508-532-5980 x4102

"Food as Medicine" presented by Ann Mazzola, Nurse Supervisor from Home Instead Senior Care Thursday, March 5 9:30 a.m. – 10:30 a.m.

Food as Medicine: Based on the D.A.S.H. eating plan ("Dietary Advances to Stop Hypertension" eating plan promoted by the National Institutes of Health's National Heart, Lung and Blood Institute), the latest recommendations by the American Diabetes Association and the American Heart Association, this interactive PowerPoint lecture teaches participants what foods to eat to manage hypertension, diabetes and high cholesterol. The lecture also includes information about what these diseases are, how they affect the body and how different medicines work. An informal question and

answer session follows and includes easy-to-prepare recipes. A raffle will be included at the end of the event.

Ann Mazzola's Bio: Nurse Supervisor Ann Mazzola, BS, RN, has more than a dozen years' experience designing, developing and teaching dynamic and interactive courses on health, nutrition and fitness, as well as pharmacology and drug administration and safety. In addition to having taught at Atlantic Union College in South Lancaster, MA and Salter College in West Boylston, MA, Ann has presented numerous seminars and workshops at various local community and educational facilities, with a special focus on senior health issues.

Tai Chi Q & A

Is your balance waning? Is your blood pressure high? Do you have arthritis, diabetes or fibromyalgia? Tai Chi can help you!

Tuesday, March 17 at 1 p.m.

Have you been hearing about Tai Chi lately but don't know what it is? Has your Doctor suggested that you find a Tai Chi class to help you with your balance? Well, here is your chance to get all of your questions answered! Join us on Tuesday, March 17 at 1 p.m. for an interactive, informative talk on the benefits of Tai Chi!

Led by Robin Natanel, Certified Tai Chi Sifu, of the White Crane Taoists, Harmonious Dragon Tai Chi/Chi Gong School, Berne, Switzerland.

"SPRING into spring" with paint and canvas!

A 4 week acrylic painting class will be held on Fridays from 10 a.m. – 11:30 a.m. at the Callahan Center. Classes begin Friday, March 6 through March 27th.

Class size is limited to 8 students. Please register early. Due to the space and popularity of these classes, they fill up quickly. Cost for the 4 weeks is \$25 and is due when you register.

During these classes, a variety of art elements will be explained and together we will explore color mixing, perspective and composition, as well as other art elements. The instructor is Kathleen (Kathy) Wirtanen, who has taught numerous art classes at the Callahan Center. Students greatly enjoy the classes and find them to be encouraging, informative and relaxing. Kathleen especially likes teaching

and encouraging seniors. She also facilitates the specialized Art4Healing@Workshops.

Please bring to class any photo references that you especially like. You will also need to bring your own canvases and any art supplies that you have. Limited supplies such as brushes and table easels will be available.

Beginners are welcome and encouraged to give painting a try. The class is easy and comfortable. Come and enjoy! **Please sign up at front desk 508-532-5980.**

Genealogy Group

Monday, March 2, 9, 23 & 30

1 – 4 p.m.

Are you interested in knowing more about your ancestors? Our Genealogy group will help you find where they lived, with whom they lived, their occupations, and much, much more. You might even see their signature. It may be possible to find their immigration records. The Genealogy group will discuss free websites, as well as some that require a fee. All are welcome to attend.

Laughter Yoga with Linda!

Thursday, March 19

10 a.m. - 11 a.m.

\$3

Learn simple exercises to help you lighten up about life and bring more laughter into it! Laughing strengthens the immune system, and helps with stress, depression and anxiety. There are no fancy postures and it is appropriate for all ages and all physical levels. Some meditation will be added at the end for relaxation, leaving you feeling totally stress-free after this unique, uplifting experience. Please bring your water bottle. Led by Certified Laughter Yoga Teacher, Linda HA HA Hamaker. www.letslaughtertoday.com

Sports Fanatics

Special Event

Monday, March 30

10 a.m. – 11:30 a.m.

Come all Ye Sports Enthusiasts, Men and Women, **DR. Gary Hylander**, noted historian will be at the Callahan Center in a special sports presentation, sponsored by Kathleen Daniel Healthcare. We will kick off the 2015 MLB Season with a presentation on **Ted Williams, the greatest Hitter of all Time!**

Please sign up in advance at the front desk 508-532-5980. Bruegger's Bagels will provide breakfast. Friendship and sports loving

camaraderie. Don't forget to bring your friends. For more info contact Sam Swisher or Mark Goldman

Phone: Sam: 508-532-5980, ext. 4113

Email: Sam: ccvolrec@gmail.com

Mark: goldmanmj59@yahoo.com

Hispanic Social Hour

Thursdays at the Callahan Center from 10:30 a.m. – 12:30 p.m.

Socialize, meet new friends, all are welcome to attend.

The Hispanic Group is presenting guest speaker Attorney Vera Ochea, from MetroWest Legal Services on Thursday, March 12 at 11 a.m. The topic is "Legal Documents". This presentation will be in Spanish. Please sign up with Gaby at the 508-532-5980 ext. 4111

Beaded Jewelry Making with Marilyn

Wednesday, March 11 & 25
10 -11 a.m.

Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided. **Sign up at the front desk 508-532-5980.**

Clinics on the Use of Handheld Electronic Devices FREE

Tuesday, March 10 at 3 p.m.

Please sign up at the front desk 508-532-5980.

The Callahan Book Discussion Group

Thursday, March 26 at 1 p.m.

The book under discussion will be *The Race Underground: Boston, New York, and the Incredible Rivalry That Built America's First Subway* by Doug Most.

In the late nineteenth century, as cities like Boston and New York grew more congested, the streets became clogged with plodding, horse-drawn carts. When the great blizzard of 1888 crippled the entire northeast, a solution had to be found. Two brothers — Henry Melville Whitney of Boston and William Collins Whitney of New York —each pursued the dream of digging America's first subway. *The Race Underground* is peopled with the famous, like Boss Tweed, Grover Cleveland and Thomas Edison, the not-so-famous, with brilliant engineers and with countless *sandhogs* who shoveled their way into the earth's crust, sometimes losing their lives in the construction of the tunnels.

Each title selected by the Book Group is *readily* available through the Minuteman Library System—which means we do not read *current* best sellers. We also limit the length of selected titles to less than 400 pages—though there are exceptions. We welcome everyone to these informative, lively discussions about books, authors and other aspects of life and literature. It is helpful if you read the book before coming, but that is not a requirement—just be prepared for *spoilers* as we discuss the book.

Also, if you read the book and do not like it please come anyway. Your opinions add

challenges and insight to the discussion. For information and questions about this group contact the Coordinator, Eleanor Brody, at 508-872-6162 or through her email eleanorbrody1@gmail.com

Charity Knitters

Friday, March 27 at 11 a.m.

All are welcome to join. This isn't an instruction class, but our experience knitters can help answer any knitting challenges you may have. Come learn new patterns, chat with new and old friends and have a good time!

We will be knitting together for our Community Service projects. We are currently working on blankets, hats, scarves and mittens for a family shelter, baby blankets and hats for newborns at MetroWest Medical Center and dialysis sleeves for the Fresenius Medical Care in Framingham.

American Musical Theatre Music Educator Richard Travers

March 10, 2015
9:30 a.m.



massculturalcouncil.org

An enjoyable, innovative and uplifting series of educational presentations from Music Lecturer, Richard Travers, the audience will obtain a deeper understanding and appreciation for music through the years, in context with historical events.

"This program is supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency" and in part by the Friends of Callahan.

Heritage at Framingham Senior Living

Invites you to attend our FREE events

Concert Series:

Saturday, March 7th at 2 PM

Tony Funches, listen to nostalgic works of original hits with this first class showman

Saturday, April 4th at 2PM

Steel Accent, a band trio playing Caribbean style music

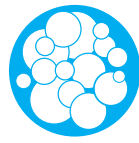


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— AT FRAMINGHAM —

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747 Water St, Framingham, MA www.heritageassistedliving.org

10 SENIOR SERVICES DIRECTORY



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- ~ Exercise
- ~ Hot Lunch & a Snack
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Disclaimer Notice: We appreciate your concern with the accuracy of the information that goes into the Courier. We try, to the best of our ability, to present the information accurately. However, we are not fully responsible for any errors that may occur with the printing of this newsletter, or changes that take place due to the cancellation of a presenter or a program.



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A Two-Part Class On...

You CAN Improve Your Memory

Learn how to increase knowledge and understanding of normal changes in memory as we age and to provide strategies for improved remembering.

Come prepared to discuss concerns and have fun learning new techniques.

Group size will be limited to 25 participants who must be able to attend both classes.

PRESENTED BY:

Judy Sabol, BSN, MM.,
Memory Care Program Director at Heritage



Independent Living, Assisted Living & Memory Care
747 Water Street • Framingham, MA 01701
www.heritageassistedliving.org



Tuesday,
March 24th
9:30 - 11 am

Tuesday,
March 31st
9:30 - 11 am

Location
Callahan Center

535 Union Ave. Framingham

To RSVP

Call 508-532-5980

Coffee and light snacks provided



Quilting Club



ESOL for Asian Students

Join us for a St. Patrick's Day Celebration!

March 26th from 4-6PM

Please join us as we celebrate St. Patrick's Day in our festive lounge! Relax and mingle while enjoying some tasty home cooking and traditional Irish music with Jackie Brown!

RSVP to Lynne 508-370-8644
ljohnston@stpatricksm Manor.org



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12 MARCH 2015 SENIOR CENTER CALENDAR

Monday

Tuesday

9-11 SHINE, by appt.
9:30 Pinochle
10 Bereavement Support Group
10 Muscle Strengthening (\$3 per class)
10 Callahan Bowling League, Ryan's Bowling Alley in Millis
10 Sports Fanatics
11 Skip-Bo
12 Conversation & Humor
1-4 Bridge

1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
1 Stroke Survivors' Support Group
1 Friends Board Meeting
2:30 Chair Yoga (\$3 per class)

2

9 Bridge
9-11 SHINE, by appt.
9:30 Pinochle
10 Aerobics (Free)
10 Table Tennis
11 Zumba (\$3 per class)
12-4 Mah Jongg
12:15 Duplicate Bridge
12-2 Community Acupuncture(appt.)
1 Chair Volleyball

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3

9-11 SHINE, by appt.
9:30 Pinochle
10 Bereavement Support Group
10 Muscle Strengthening (\$3 per class)
10 Sports Fanatics
10 Callahan Bowling League, Ryan's Bowling Alley in Millis
11 Skip-Bo
12 Conversation & Humor
1-4 Bridge
1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
1:30 Swing and Sway with the Friends General Meeting to follow
2:30 Chair Yoga (\$3 per class)

9

9 Bridge
9-11 SHINE, by appt.
9:30 Pinochle
9:30 Massage Therapy (appt.)
9:30 LivHome "Aging in Place" part 2 of 2
10 Aerobics (Free)
10 Table Tennis
11 Zumba (\$3 per class)
12-4 Mah Jongg
12:15 Duplicate Bridge
1 Chair Volleyball
1:30 COA Board Meeting
3 Clinic on Electronic Devices

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10

9-11 SHINE, by appt.
9:30 Pinochle
10 Bereavement Support Group
10 Muscle Strengthening (\$3 per class)
10 Callahan Bowling League, Ryan's Bowling Alley in Millis
10 Sports Fanatics
11 Skip-Bo
11:30 St. Patrick's Day Celebration
12 Conversation & Humor
1-4 Bridge

1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

16

9 Bridge
9-11 SHINE, by appt.
9:30 Pinochle
10 Aerobics (Free)
10 Table Tennis
11 Zumba (\$3 per class)
12-4 Mah Jongg
12-2 Community Acupuncture(appt.)
12:15 Duplicate Bridge
1 Chair Volleyball
1 Tai Chi Q & A
1:30 Parkinson's Support Group

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17

9-11 SHINE, by appt.
9:30 Pinochle
10 Bereavement Support Group
10 Muscle Strengthening (\$3 per class)
10 Sports Fanatics
10 Callahan Bowling League, Ryan's Bowling Alley in Millis
11 Skip-Bo
12 Conversation & Humor
1-4 Bridge
1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

23

9 Bridge
9-11 SHINE, by appt.
9 Legal Clinic
9:30 Pinochle
9:30-11:30 Massage Therapy (by appt. only)
9:30 You Can Improve Your Memory part 1
10 Table Tennis
10 Aerobics (Free)
11 Zumba (\$3 per class)
12-4 Mah Jongg
12:15 Duplicate Bridge
1 Chair Volleyball
1 Red Hat Honey Bees
1 Diabetes Self- Management

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24

9-11 SHINE, by appt.
9:30 Pinochle
10 Bereavement Support Group
10 Muscle Strengthening (\$3 per class)
10 Sports Fanatics Special Event Dr. Hylander
10 Callahan Bowling League, Ryan's Bowling Alley in Millis
11 Skip-Bo
12 Conversation & Humor
1-4 Bridge

1-4 Genealogy Group
1 Scrabble
1-3 SHINE, by appt.
1 Tai Chi (\$3 per class)
2:30 Chair Yoga (\$3 per class)

30

9 Bridge
9-11 SHINE, by appt.
9 Legal Clinic
9:30 Pinochle
9:30-11:30 Massage Therapy (by appt. only)
9:30 You Can Improve Your Memory part 2
10 Table Tennis
10 Diabetes Support Group
10 Aerobics (Free)
11 Zumba (\$3 per class)

12-4 Mah Jongg
12:15 Duplicate Bridge
1 Chair Volleyball
1 Red Hat Honey Bees
1 Diabetes Self- Management

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31

Wednesday	Thursday	Friday
<p>8:30-12:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Advanced ESOL for Asian Students 10 Muscle Strengthening (\$3 per class) 11:30 Canasta 12-2 SHINE, by appt. 1 Bingo 1 Discussion Group 1 Intermediate Bridge</p>	<p>8:30-2:30 Pool Room Open 9:30 ESOL for Asian Students 9:30 Food as Medicine 10-2 Mah Jongg 10-11:30 Ask-the-experts Pre-registration required 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 1 Line Dancing (\$4 per class) 2 Choral Group</p>	<p>8:30-12:30 Pool Room open 9 Poker 10 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10 Painting Class (Pre-registration required) 11 Skip-Bo 12:45 Chair Volleyball 2 Table Tennis</p>
<p>8:30-12:30 Pool Room Open 9:30-12:30 Blood Pressure Clinic 9:30 Advanced ESOL for Asian Students 10 Muscle Strengthening (\$3 per class) 11:30 Canasta 10 Beading with Marilyn 11:30 Friends Lunch (Reservation required) 12 Better Breathers' Group, Everything you wanted to know about vaccines. 12-2 SHINE, by appt. 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1-4:15 Podiatry with Dr. John (Please call for appt.) 7 p.m. Grandparent Support</p>	<p>8:30-2:30 Pool Room Open 9:30 Prescription Advantage Presentation 9:30 ESOL for Asian Students 10-2 Mah Jongg 10-11:30 Ask-the-experts Pre-registration required 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 1 Line Dancing (\$4 per class) 2 Choral Group</p>	<p>8:30-12:30 Pool Room open 9 Poker 10 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10 Painting Class (Pre-registration required) 11 Skip-Bo 12:45 Chair Volleyball 2 Table Tennis</p>
<p>8:30-12:30 Pool Room Open 9-11 SHINE, by appt. 9:30-12:30 Blood Pressure Clinic 9:30 Advanced ESOL for Asian Students 10 Muscle Strengthening (\$3 per class) 10-2 Bake Sale 11:30 Canasta 12-2 SHINE, by appt. 1 Bingo 1 Discussion Group 1 Intermediate Bridge</p>	<p>8:30-2:30 Pool Room Open 9:30 ESOL for Asian Students 10-2 Mah Jongg 10-11:30 Ask-the-experts Pre-registration required 10 Laughter Yoga 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 1 Line Dancing (\$4 per class) 2 Choral Group</p>	<p>8:30-12:30 Pool Room open 9 Poker 10 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10 Painting Class (Pre-registration required) 11 Skip-Bo 12:45 Chair Volleyball 1 Low Vision Support Group 2 Table Tennis</p>
<p>8:30-12:30 Pool Room Open 9-11 SHINE, by appt. 9:30-12:30 Blood Pressure Clinic 9:30 Advanced ESOL for Asian Students 10 Muscle Strengthening (\$3 per class) 10 Beading with Marilyn 11:30 Canasta 11:30 Friends Lunch (Reservation required) 12-2 SHINE, by appt. 1 Bingo 1 Discussion Group 1 Intermediate Bridge 1 Caregivers' Support Group 1-4:15 Podiatry with Dr. Lukoff (Please call for appt.)</p>	<p>8:30-2:30 Pool Room Open 9:30 ESOL for Asian Students 10-2 Mah Jongg 10-11:30 Ask-the-experts Pre-registration required 10:30-12:30 Hispanic Social Hour 11:30 Zumba (\$3 per class) 1 Line Dancing (\$4 per class) 1 Book Discussion 2 Choral Group</p>	<p>8:30-12:30 Pool Room open 9 Poker 10 Muscle Strengthening (\$3 per class) 10 Chair Yoga (\$3 per class) 10 Painting Class (Pre-registration required) 11 Skip-Bo 11 Charity Knitters 12:45 Chair Volleyball 2 Table Tennis</p>

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14 SERVICES/COMPUTER LITERACY CENTER

SOCIAL SERVICE DEPARTMENT

Accessible Home Modifications & Medical Tax Deductions

Our Federal and State government provides tax incentives to homeowners, who accrue a cost to install special equipment to accommodate a medical condition or disability. Examples include: widening doorways, constructing a wheelchair ramp, adding grab or support bars in the bathroom, modifying hardware on doors or cabinets, installing railings or porch lifts.

More older adults are making accessibility modifications in order to remain independent in their home.

Please check the IRS Tax Code and speak to your tax preparer.

Medical Equipment to Borrow

Durable, medical equipment is available to borrow from the Callahan Center. **It is necessary to call ahead to reserve and pick up Monday through Friday from 9 a.m. until 4 p.m.** Please call the Center at 508-532-5980. Thank you!

Transportation Assistance is Available

The Social Services Department at the Callahan Center has recruited several volunteers to accompany seniors to various appointments. Thanks to a grant of Title III funds, administered by BayPath Elder Services, mileage reimbursement is possible. These volunteers may be available to take seniors to shopping trips, social events or medical appointments. If you are a Framingham resident over the age of 60 and need transportation to an appointment, call 508-532-5980 ask for Sam or Lisa

to see if your appointment matches the schedule of one of the volunteers. Some will do local trips, others will travel beyond Framingham. Please call with at least one week's notice of your need.

Volunteer Outreach Services

Please consider one of these ways to brighten a senior's day:

- **Telephone Reassurance** - briefly call elder residents daily to inquire of well-being.
- **Transport Escort** - drive elder residents to appointments.
- **Food Shopping Assistance** - shop for groceries and other household items.
- **Friendly Visiting** - visit older residents periodically to provide friendly contact.

Reach out! By serving, you respond to the need and strengthen our community!

Contact Sam Swisher, Volunteer Outreach Coordinator at Callahan Center via phone: 508-532-5980, Ext. 4113 or via email: ccvolrec@gmail.com.

Volunteer Drivers Wanted

- Do you have time to give in serving the community?
- Do you have a vehicle that is safe, clean, well maintained?
- Do you enjoy driving?

Would you be willing to use your own vehicle to take an older resident to various appointments or social events in Framingham and surrounding areas?

We can offer **mileage reimbursement** to volunteers who help in this way.

Make a difference in someone's life. **Contact Sam Swisher, Volunteer Outreach Coordinator, 508-532-5980, x 4113, email: ccvolrec@gmail.com**

SHINE (Serving Health Information Needs of Everyone)

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole."

This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 55% of covered brand name drugs and 35% of covered generic drugs. Although 55% coverage of a brand name drug might sound great, it's really not that great if you take a brand name drug that costs \$300. You will still have to pay \$135!!

This is where **Prescription Advantage** can help.

Kathy Devine from the Executive Office of Elder Affairs will be at the **Callahan Center, Thursday, March 12th @ 9:30 AM** to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

You won't want to miss this important presentation! Please sign up at front desk 508-532-5980.

COMPUTER LITERACY CENTER

Ask-the-experts

Thursdays; 10-11:30 a.m.
No Charge. Pre-registration is required; space is limited

Computer Room-Open Rooms Hours

Monday-Friday; 9 a.m.-4 p.m.

Additional Services:

Legal Clinic – Meet individually with a lawyer to discuss legal issues (will not advise on estates and trusts). Appointments are required. Please call Carolyn at 508-532-5980, ext. 4110.



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Please note: Parking for those taking day trips will be at the Elks parking lot. The cost of all day trips includes a tip for the driver and escort. Thank you. TICKETED EVENTS ARE NON-REFUNDABLE.

CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 4 (FOUR) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

DAY TRIPS 2015**March 2015**

3/11/2015 BOT Tony Kenny's Irish Cabaret 10:30a.m.-5 p.m. \$89
 3/19/2015 Museum of Science - Maya, Hidden Worlds Revealed 8:15a.m.-5:30p.m. \$88
 3/31/2015 R.I. School of Design Tour & Lunch at Parkside Restaurant 9 a.m.-4 p.m. \$69

April 2015

4/7/2015 Newport Playhouse, Surf & Turf plus Cabaret 10 a.m.-6 p.m. \$92
 4/21/2015 Neil Sedaka "Live" @ MoheganSun Final pymt due 3/1/15 7:30a.m.-7 p.m. \$99
 4/29/2015 Fenway Park Tour & Jerry Remy's Restaurant 9:15a.m.- 3:30p.m. \$49

May 2015

5/14/2015 Bronx Zoo, N.Y., Monorail and much more 7:30a.m-7:15p.m. \$89
 5/17/2015 Pawtucket Red Sox Game, Rhode Island 10 a.m.-4:30p.m. \$68
 5/27/2015 Whale Watch & Lunch at No Name Restaurant 9 a.m.-4 p.m. \$69

June 2015

6/10/2015 Provincetown Ferry & Trolley Ride 7 a.m.-4:30p.m. \$93
 6/23/2015 Stars from the Drifters at Lake Pearl 10:30a.m.-5p.m. \$89
 6/25/2015 Red Sox Baseball Game at Fenway @ 1:35pm 10:30a.m.-5p.m. \$89

July 2015

7/1/2015 Boston Duck Tour and Lunch at Venezia Restaurant 9:15a.m.-3:15p.m. \$79
 7/16/2015 Winnepesaukee Playhouse, Lunch at Lakehouse Grill 9 a.m.-6:15p.m. \$109
 7/22/2015 Gloucester Lobster Cruise and Hammond Castle Tour 9:30a.m.-5p.m. \$85

August 2015

8/12/2015 Cabbage Island Clambake, Booth Bay Harbor, Maine 8:30a.m.-7:30p.m. \$124
 8/16/2015 Tanglewood and Lunch at Cork and Hearth 9:30a.m.-7p.m. \$75
 8/19/2015 North Shore Theater, "Saturday Night Fever" 10a.m.-4p.m. \$106

September 2015

9/3/2015 Newport Dinner Train - On Request (venue not ready to book) TBA
 9/8/2015 Cranberries, Chowder, and Wine Tour, Wareham, MA 9a.m.-3:30p.m. \$65
 9/22/2015 The Beach Boys Ultimate Tribute Show, Venus De Milo 10a.m.-5:30p.m. \$85

October 2015

10/21/2015 Mohawk Trail Foliage Tour, Wiggins Tavern Lunch, and Atkins Farm TBA
 10/28/2015 Octoberfest in New Britain, CT & Mus. Of Art 9:30a.m.-6p.m. \$79

November 2015

11/12/2015 Tribute Frank Sinatra & Barbra Streisand @Venus DeMilo
 10:30a.m.-5 p.m. \$89
 11/17/2015 Aqua Turf C.C. "Country Divas" TBA

December 2015

12/3/2015 Lee Greenwood "Live", Foxwoods TBA
 TBA Dinner with Dickens & Bright Lights at Forest Park TBA
 TBA Holiday Pops

OVERNIGHT TRIPS 2015

4/14-16, '15 Penn Dutch and the Final Performance of "Moses", from \$399pp dbl.
 6/1-4, '15 Wildwood Crest& Cape May – NJ Ocean Front Vacation, from \$469pp dbl.

6/9-11, '15 Niagara Falls, from \$479pp dbl.

6/19-25, '15 Canadian Rockies & Glacier National Park, from \$3,299pp dbl.

7/18-26, '15 Paris and the Heart of Normandy- River Cruise, from \$4,299pp dbl.

8/29-9/6, '15 Downton Abbey Tour, & London, English Countryside, from \$3,999 pp dbl.

9/17-26, '15 Rome and the Amalfi Coast, from \$3,999pp dbl.

9/21-29, '15 Durgan Travel - Rhine River Cruise – Amsterdam to Wurzburg & Bamberg, from \$3,679pp dbl.

10/3-11, '15 Portraits of Southern France – River Cruise, from \$3,749pp dbl.

10/7-16, '15 Discover Switzerland, Austria, & Bavaria, from \$3,599pp dbl.

11/6-14, '15 Chateaux Rivers & Wine Cruise - Bordeaux, from \$3,149pp dbl.

12/11-13, '15 New York City Cruise: 9/11 Memorial, and Radio City Rockettes Christmas Show room, from \$469pp dbl.

All those who travel on Callahan Center trips are REQUIRED to become a member of the Friends of Callahan.

Come in and pick up detailed flyers!

Have you ever considered a Pre-Need Memorial?

Many pre-pay for their funeral but have you also considered pre-paying for your monument, marker or cemetery lettering? We are one of the few local monument companies that are set up for this, and include the protection of an insurance policy to guarantee the funds. As well, pre-need costs are allowable deductions when one is applying for Medicaid and preparing or presently in a nursing home.

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Choose a Medicare supplement and preventive dental plan
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Enroll in a **Medex Medicare supplement plan** from Blue Cross Blue Shield of Massachusetts and get the out-of-pocket savings you want with the quality and dependability you need. After all, we've been serving Massachusetts residents since 1966. Add our affordable Dental Blue™ 65 Preventive plan, and you'll be covered from head to toe by Blue Cross – at a price that fits your budget.

Learn more about your options at www.bluecrossma.com/medicare
or call 1-800-678-2265 (TTY: 1-800-522-1254).



MASSACHUSETTS

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